

**South Central Alabama Development Commission
Area Agency on Aging**

**FOUR-YEAR
AREA PLAN ON AGING**

October 1, 2007 to September 30, 2010

REGION: 5

TABLE OF CONTENTS

| | | |
|---|--|-------------|
| PART I: INTRODUCTION | | Page |
| Section I. Introduction to the Area Plan----- | | 1 |
| 1. Purpose of Area Plan----- | | 2 |
| 2. Importance of Area Plan----- | | 3 |
| Section II. Area Agency on Aging Specific Information----- | | 3 |
| 1. Designation----- | | 4 |
| 2. Purpose----- | | 4 |
| 3. Service Capacity in Community----- | | 7 |
| 4. Mission Statement and Motto----- | | 8 |
| 5. Advisory Council Members and Responsibilities----- | | 8 |
| 6. Federal, State, Local Relationships----- | | 9 |
| 7. Staffing----- | | 11 |
| Section III. The Community Served----- | | 12 |
| 1. Physical Characteristics----- | | 12 |
| 2. Political Characteristics----- | | 16 |
| 3. Population Characteristics----- | | 18 |
| Section IV. The Community's Needs----- | | 23 |
| 1. Detailed Regional Needs----- | | 32 |
| 2. Methods to Satisfy Needs----- | | 36 |
| 3. Needs by County----- | | 38 |
| 4. Extent Needs were Met----- | | 40 |
| 5. Services and Programs----- | | 44 |
| PART II: AREA PLAN GOALS AND OBJECTIVES 2007- 2010 | | |
| Section I. Area Agency on Aging (AAA) | | |
| 1. Reason for choosing Goals and Objectives----- | | 48 |
| 2. Supportive Services----- | | 49 |
| 3. Nutrition Services----- | | 50 |
| 4. In-home Services----- | | 51 |
| 5. Ombudsman Services----- | | 51 |
| 6. Disease Prevention and Health Promotion----- | | 52 |
| 7. Targeting Methods----- | | 53 |
| 8. Initiatives and Grants----- | | 53 |
| 9. Performance Objectives FY 2006----- | | 55 |
| 10. Provider Monitoring Form----- | | 63 |
| Section II. Administration on Aging (AoA) | | |
| 1. Health and Social supports----- | | 67 |
| 2. People who stay Active and Healthy----- | | 67 |
| 3. Family Caregivers----- | | 68 |

| | |
|---|----|
| 4. Elder Rights----- | 68 |
| 5. Benefits under the Medicare Modernization Act----- | 68 |
| 6. Competition in the Provision of Services----- | 69 |
| 7. Developing Information Management Centers----- | 69 |
| 8. Single Access Point for Elderly Citizens----- | 69 |

PART III: AREA PLAN BUDGET

| | |
|--|-----------|
| Section I. AAA Budget for FY 2007-2010----- | 71 |
|--|-----------|

| | |
|---|-----------|
| Section II. Expenditure for Title III-B Priority Services----- | 73 |
|---|-----------|

PART IV: AREA PLAN SUMMARY

| | |
|--------------------------------------|-----------|
| Section I. Plan Summary ----- | 74 |
|--------------------------------------|-----------|

| | |
|---------------------------------|----|
| Supplemental Documentation----- | 75 |
|---------------------------------|----|

Section II. APPENDICES

Illustrations

| | |
|---|----|
| Illustration 1 SCADC Board of Directors----- | 5 |
| Illustration 2 Planning and Service Area----- | 13 |
| Illustration 3 Locations of Counties and Municipalities----- | 15 |
| Illustration 4 Local Newspapers----- | 17 |
| Illustration 5 Federal, State, Local Elected Officials representing the Planning and Service Area----- | 19 |
| Illustration 6 Top 5 Important Services by County----- | 38 |
| Illustration 7 Top 5 Not Very Important Services by County----- | 39 |
| Illustration 8 AIMS Demographics – 2005----- | 41 |
| Illustration 9 AIMS Client/Unit Analysis – 2005----- | 42 |

Charts

| | |
|--|----|
| Chart 1 Federal, State, and Local Relationships----- | 9 |
| Chart 2 AAA Staffing Pattern----- | 10 |
| Chart 3 AAA Staff Positions----- | 11 |
| Chart 4 Number of Survey Respondents----- | 30 |

Tables

| | |
|--|----|
| Table 1 Sex, Race, and Hispanic Origin----- | 24 |
| Table 2 Population of Political Divisions----- | 25 |
| Table 3 Population by Age, Rural, Minority Race----- | 26 |
| Table 4 Population by Age and poverty----- | 27 |

| | | |
|---------|--|----|
| Table 5 | Population by Age, Minority Race, Poverty and Minority Poverty----- | 28 |
| Table 6 | SSI Recipients by County----- | 29 |
| Table 7 | Reported Importance of Services----- | 32 |

Appendixes

| | |
|------------|--|
| Appendix A | Advisory Council Membership and Responsibilities, By-laws, and Meeting Schedule |
| Appendix B | Survey Form 2005 |
| Appendix C | Survey Respondents' Demographics |
| Appendix D | Survey Responses by County |
| Appendix E | Title V Senior Employment Demographics |
| Appendix F | Emergency/Disaster Plan |
| Appendix G | Assurances |
| Appendix H | Area Plan Public Hearing Minutes |
| Appendix I | Grievance Procedure |
| Appendix J | Long-term Care Facilities, Locations, and Demographics |
| Appendix K | Senior Centers, Meal Drop-off Points, Community Focal Points |

PART I:

Introduction to the Area Plan

The Older Americans Act (OAA) was created in 1965 and signed into law by President Lyndon B. Johnson. Under Title II of the act the Administration on Aging (AOA) was established in the Department of Health and Human Services and allowed for the creation of State Units on Aging. It provides federal grants to states for community planning and social services in the field of aging. AOA allocates funds under Title III, and VII to State Units on Aging to plan, develop and coordinate systems of supportive in-home and community-based services. Under Title VI, the AOA also awards funds to tribes and native organizations to meet the needs of older American Indians, Aleuts, Eskimos, and Hawaiians.

State Agencies on Aging sometime called State Units on Aging are located in every state and territory in the United States. Most states are divided into planning and service areas so that programs can be designed to meet the local needs of older persons residing in these areas. Federal funding to states is based on the number of older persons in the state.

Area Agencies on Aging receive funds from their respective State Units on Aging to plan, develop, coordinate and arrange for services in each planning and service area (psa).

These funds are used by AAA's to contract with public or private groups for service provision. Sometimes the AAA may act as the service provider if no local contractor is available. Programs are designed to help seniors live independently in their own homes and communities.

Additionally, volunteers, families, different levels of government, faith-based organizations, and groups in the public and private sectors form a network of partners interested in the well being of seniors. They offer much support towards improving the quality of life for older individuals.

The Older Americans Act of 1965 has been reauthorized 14 times with the most recent amendments occurring in 2000. It was reauthorized for five years (through 2005) and was signed into law by President William Jefferson Clinton. The Older Americans Act remains our foundation to improve the quality of life for all older Americans for now and the near future. Therefore, we call upon and encourage Congress to reauthorize the act.

Under the Older Americans Act, State Units on Aging are charged with dividing the state into planning and service areas and designating Area Agencies on Aging for each PSA. The law does, however, provide for some exceptions. Nevertheless, each Area Agency on Aging designated under “section 305 (a) (2) (A) of the Older Americans Act shall, in order to be approved by the State agency, prepare and develop an area plan for a planning and service area for a two, three, or four-year period determined by the State agency, with such annual adjustments as may be necessary. Each such plan shall be based upon a uniform format for area plans within the State prepared in accordance with section 307(a) (1) of the Older Americans Act”.

This Area Plan on Aging is written for the purposes and intents of :

- complying with the above sections of the Older Americans Act,
- acting in accordance with requirements for approval and mission of the Alabama Department of Senior Services; and

- creating a quality plan that will assist our agency in accomplishing goals of the Older Americans Act and those of the Alabama Department of Senior Services to benefit older persons in our planning and service area.

This plan is important to our communities because it sets forth our agency's intent to:

- develop greater capacities to provide comprehensive and coordinated service delivery systems for older persons;
- assure that the most effective and efficient use of resources in the PSA will be utilized;
- provide information regarding the status of older persons in the service area, the extent of their needs, and appropriate provisions necessary to improve their quality of life; and
- identify our agency as part of a larger network, as the point of contact for advocacy, information, assistance and services to older persons and their families.

This document is important to the Area Agency on Aging because it:

- assures our intent to comply with Older Americans Act requirements;
- serves as a communication document to the Alabama Department of Senior Services;
- serves as a management tool to guide our local initiatives, budgets, and decisions;
- serves as an informative tool for educating and informing the public, policy makers, local officials, seniors and their families, service providers; and
- serves as a tool for self-evaluation and monitoring of AAA efforts to address the ever burgeoning needs of older persons in the PSA.

Area Agency on Aging Specific Information

The Area Agency on Aging is a division within a larger organization known as the South Central Alabama Development Commission (SCADC). SCADC was established

in 1969 when the Alabama Legislature passed Act No. 1126, which provided for the delineation and designation of State Planning and Development Districts and was incorporated under this law June, 1969 as a non-profit corporation. SCADC fosters intergovernmental cooperation for local elected officials to coordinate planning and decision-making issues in Bullock, Butler, Crenshaw, Lowndes, Macon, Montgomery and Pike Counties. It serves as a mechanism through which local units of government can communicate on a regional basis and is composed of a 29 member Board of Directors (Illustration 1).

On October 19, 1976, SCADC was designated by Governor George C. Wallace an Area Agency on Aging under section 305(a)(2)(A) of the Older Americans Act. The designated planning and service area for aging initiatives included the counties of Bullock, Butler, Crenshaw, Lowndes, Macon and Pike. The Area Agency on Aging was created to foster the development and implementation of comprehensive and coordinated systems to serve older individuals in our planning and service area. We are responsible for the planning, and provision of supportive services, including nutrition services, and multipurpose senior centers. In addition, we are to:

- provide assurances that an adequate proportion of funds allotted for Title III Part B will be spent on the delivery of access services, in-home services, and legal services;
- designate, where feasible, focal points for service delivery;
- provide for the establishment and maintenance of Information and Assistance services;
- provide services to older individuals with greatest economic need, greatest social need, and minority individuals with low incomes;
- use Outreach efforts that will identify individuals eligible for assistance under the Older Americans Act;

**SOUTH CENTRAL ALABAMA DEVELOPMENT COMMISSION
BOARD OF DIRECTORS 2005 – 2006**

OFFICERS*

Jimmy Lunsford
Mayor of Troy
P.O. Box 549
Troy, AL 36081

Chairman
Elected Official

J. MacDonald Russell, Jr.
District Judge
P.O. Box 756
Greenville, AL 36037

Vice-Chairman
Elected Official

Fletcher Fountain, Sr.
Mayor of Fort Deposit
P.O. Box 260
Fort Deposit, AL 36032

Secretary
Elected Official

BULLOCK COUNTY

Earl Hinson
Mayor of Union Springs
P.O. Box 549
Union Springs, AL 36089
Elected Official

Ronald Smith
Bullock County Commission
P.O. Box 472
Union Springs, AL 36089
Elected Official

Julian Cope
Bullock County Dev. Authority
P.O. Box 87
Union Springs, AL 36089

VACANT

BUTLER COUNTY

Steve Norman
Probate Judge
700 Court Square
Greenville, AL 36037
Elected Official

J. MacDonald Russell, Jr.
District Judge
P.O. Box 756
Greenville, AL 36037
Elected Official

Daniel Robinson
Butler County Commission
P.O. Box 756
Greenville, AL 36037
Elected Official

Dexter McLendon
Mayor of Greenville
P.O. Box 158
Greenville, AL 36037
Elected Official

CRENSHAW COUNTY

Joe Rex Sport
Mayor of Luverne
P.O. Box 249
Luverne, AL 36049
Elected Official

James V. Perdue
Judge of Probate
Crenshaw County
P.O. Box 338
Luverne, AL 36049
Elected Official

Ronnie Blackmon, Chairman
Crenshaw County Commission
P.O. Box 227
Luverne, AL 36049
Elected Official

Darryl Elliott
Town of Brantley
P.O. Box 254
Brantley, AL 36009
Elected Official

LOWNDES COUNTY

Charles King, Chairman
Lowndes County Commission
P.O. Box 65
Hayneville, AL 36040
Elected Official

VACANT

R. R. Norman, Jr.
P.O. Box 329
Fort Deposit, AL 36032

Fletcher Fountain, Sr.
Mayor of Fort Deposit
P.O. Box 260
Fort Deposit, AL 36032
Elected Official

Helenor Bell
Mayor of Hayneville
P.O. Box 365
Hayneville, AL 36040
Elected Official

VACANT

MACON COUNTY

Jesse Upshaw, Chairman
Macon County Commission
101 E. Northside Street
Tuskegee, AL 36083
Elected Official

Alfred Davis
City of Tuskegee
101 Fonville Street
Tuskegee, AL 36083

L. M. Randolph
P.O. Box 1337
Tuskegee Institute, AL 36087

Johnny Ford
Mayor of Tuskegee
101 Fonville Street
Tuskegee, AL 36083
Elected Official

MONTGOMERY COUNTY

Bobby Bright
Mayor of Montgomery
P.O. Box 1111
Montgomery, AL 36192
Elected Official

Reed Ingram
Montgomery County Commission
4356 Hayneville Ridge Road
Matthews, AL 36052
Elected Official

Dorian Brunson
Chief Building Official
City of Montgomery
P.O. Box 1111
Montgomery, AL 36192

Connie Harper, Director
Central Alabama OIC
2035 Mobile Road
Montgomery, AL 36108

PIKE COUNTY

Jimmy Barron
Pike County Commission
P.O. Drawer 1147
Troy, AL 36081
Elected Official

Jimmy Lunsford
Mayor of Troy
P.O. Box 549
Troy, AL 36081
Elected Official

Marsha Gaylard
Pike County Economic
Development Commission
P.O. Box 249
Troy, AL 36081

Lawrence Bowden
City of Brundidge
P.O. Box 638
Brundidge, AL 36010
Elected Official

*Elections are held at the annual Board meeting held in May in even numbered years.

- ensure that activities of the AAA will include a focus on the needs of minority older individuals with low incomes;
- conduct periodic evaluations of and public hearings on activities under our area plan and an annual evaluation of the effectiveness of Outreach services;
- provide technical assistance;
- take into account views of service recipients;
- serve as the advocate and focal point for older individuals within the planning and service area;
- establish an advisory council to advise the AAA on all matters relating to the development, the administration, and operations conducted under the area plan;
- conduct efforts to facilitate the coordination of community-based, long-term care services designed to keep individuals in their homes; and
- other related initiatives to help individuals live independently with dignity in their home environment.

SCADC complies with fiscal and program reporting, and audit requirements.

SCADC owns an 8,000 square foot building including a large conference room with TV, VCR, and other equipment necessary for most meetings and training sessions. The majority of staff has individual staff offices and all have computers. A copier, lap tops, and agency vehicles are available for staff use. There are 18 senior centers and 20 vans/buses benefiting seniors in the planning and service area.

The AAA has working agreements with local service providers. We have established an excellent rapport with many of the local governments and a great number of local officials are members of the SCADC Board of Directors. Currently, the AAA has 55 service contracts with public and private non-profit providers located throughout the region. In many communities, local governments are service contractors

and serve as stable funding sources for AAA programs and initiatives. Through these contracts, supportive, nutrition, in-home, legal assistance, senior centers, and other community-based services are provided. See the Provider Monitoring Form on Pages 63 through 66 for a listing of current service contractors. Organizational information showing federal, state, local relationships, AAA staffing patterns and staff positions is depicted in Charts 1, 2, and 3.

The AAA has an established Advisory Council representative of the planning and service area. Our council was organized in 1978 and has remained active since that time. Council officers include a Chairman, Vice-Chairman, Secretary, and Chaplain who serves a two year term. Standing committees are established as part of the Advisory Council for the purpose of fulfilling responsibilities of the Area Agency. Meetings are held quarterly and members offer advice on area plan development, administration, and operation. A description of council membership and their responsibilities is presented in Appendix A.

The mission of our Area Agency on Aging is to foster the development and implementation of comprehensive and coordinated systems in order to provide services to older individuals and their families in their homes, communities, and the region. Our motto is: "Help Seniors Stay at Home."

Chart 1

Chart 2

Chart 3

South Central Alabama Development Commission
Area Agency on Aging

AAA Staff Positions

| Personnel | Job Title | Academic Credentials | Program Assignment | Employed Experience with SCADC |
|----------------------|----------------------------------|-----------------------------|--|---------------------------------------|
| Tyson Howard | Executive Director | BA-Economics | Adm. Support | 7 yrs |
| Sylvia Allen Bowers | Director, Area Agency on Aging | MPA | All | 29 yrs |
| Ladine Collins | Finance Director | BA-Business | Adm. Support | 13 yrs |
| Maud Garrick | Nutrition Coordinator | High School Graduate | -Nutrition -SFMNP | 29 yrs |
| Georgia W. Jenkins | Program Coordinator | BS-Sociology | -Alabama Cares -Alzheimer's Project | 20 yrs |
| Miichael Deberry | Information Resource Specialist | BS-Sociology/Management | Information and Assistance | 9 yrs |
| Karen L. Crawford | Lead Community Ombudsman | BS-Home Economics | -HIPPA -Elder Rights -Ombudsman | 10 yrs |
| Jennifer Kilpatrick | Lead Case Manager | BS-Social Work | Medicaid Waiver Services | 8 yrs |
| Sharon A. Redd | Aging Services Coordinator | MPA | -Adm. Support -SFMNP | 5 yrs |
| Shannon Hudson | Case Manager | BS-Social Work | Medicaid Waiver Services | 5 yrs |
| Mary Kay Norris | Case Manager | BS-Human Services | Medicaid Waiver Services | 3 yrs |
| Marsha Lewis | Case manager | BS-Human Services | Medicaid Waiver Services | 3 yrs |
| Nick Nyberg | Case Manager | BS-Psychology | Medicaid Waiver Services | 1 yr |
| Amanda Vaughan | Case manager | BS-Human Services | Medicaid Waiver Services | 1 yr |
| Matthew Blake Wilson | Case Manager | BS-Psychology | Medicaid Waiver Services | 3 mos |
| Sherrie Cook | Program Assistant | BS-Mathematics | SenioRx | 4 yrs |
| Mary Wedgeworth | Program Coordinator | BS-Social Work | Senior Employment | 3 yrs |
| Holly Addison | Area Program Coordinator | LPN | SenioRx | 3 yrs |
| Stacey Kendrick | Medical Administrative Assistant | Certificate | SenioRx | 1 yr |

The Community Served

Physical Characteristics:

The planning and service area is located in the south central part of Alabama and lies in a horseshoe shape around Montgomery County as shown in Illustration 2. It consists of six counties including Bullock, Butler, Crenshaw, Lowndes, Macon and Pike. The total land area of the district is 4,808 square miles, which is 9.5 percent of the area of the State of Alabama. By comparison with other areas, the district is over four times larger than Rhode Island, twice as large as Delaware, and almost nine times the size of the District of Columbia. See Illustration 3 regarding the locations of counties and municipalities.

BULLOCK COUNTY is located in the eastern part of the region. It consists of two municipalities – Union Springs and Midway. Union Springs is the only urban area and is the home of the county seat. Bullock County has 625 square miles with a density of 17 persons per square mile. It ranks fourth (4th) in the number of square miles in the region, and sixth (6th) in total population.

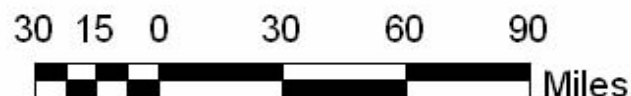
BUTLER COUNTY is located in the southwestern part of the region. It consists of three municipalities – Greenville, Georgiana and McKenzie. Greenville, in excess of 5,000 residents, is the only urban area and is the home of the county seat. Butler County has 779 square miles with a density of 27.8 persons per square mile. It ranks first (1st) in the number of square miles in the region and third (3rd) in total population.

**SOUTH CENTRAL ALABAMA DEVELOPMENT COMMISSION
AREA AGENCY ON AGING**

PLANNING & SERVICE AREA



Sources: U.S. Census
TIGER/Line Files, 2000;
Local sources.

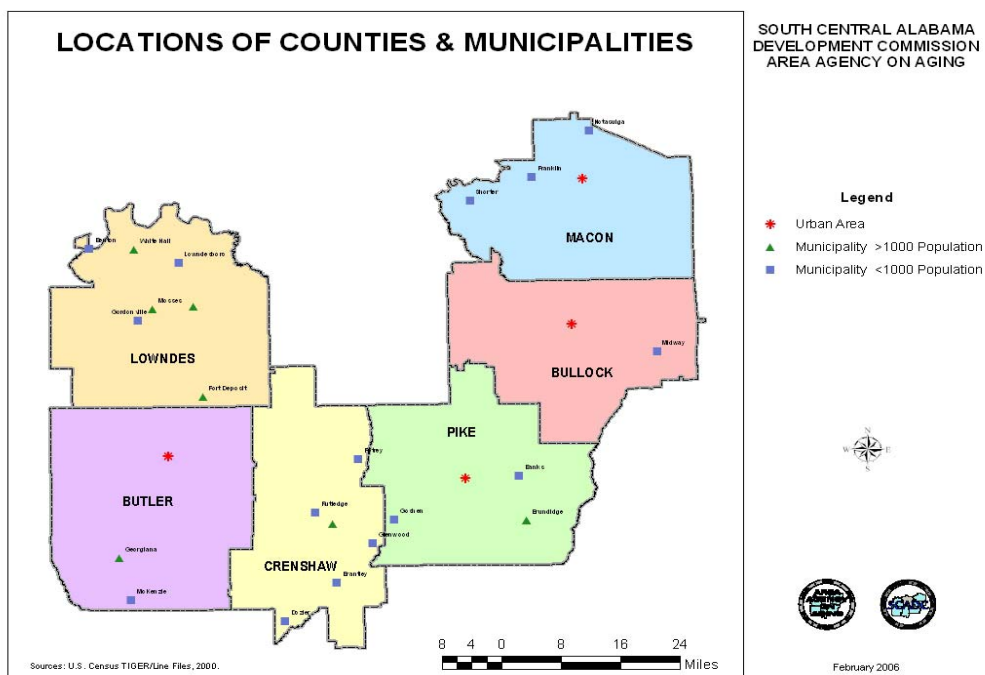


February 2006

CRENSHAW COUNTY is located in the southern part of the region. It consists of six municipalities – Luverne, Brantley, Dozier, Rutledge, Glenwood, and Petrey. Luverne is the largest city in the county with a population above 2,000 and is the home of the county seat. Crenshaw County has 611 square miles with a density of 23.1 persons per square mile. It ranks sixth (6th) in the number of square miles in the region and fourth (4th) in total population.

LOWNDES COUNTY is located in the northwestern part of the region. It consists of six municipalities – Fort Deposit, Hayneville, Mosses, Lowndesboro, Benton, Gordonville, and White Hall. Fort Deposit is the only municipality with a population above 1,000; however, Hayneville is the county seat. Lowndes County has 714 square miles with a density of 18.6 persons per square mile. It ranks second (2nd) in the number of square miles in the region and fifth (5th) in total population. Lowndes is the poorest, most agricultural county in the region.

MACON COUNTY is located in the northeastern part of the region. It consists of four municipalities – Tuskegee, Shorter, Notasulga and Franklin. Tuskegee, in excess of 5,000 residents, is the only urban area. It is home of the county seat and Tuskegee University. Tuskegee's motto is "The Pride of the Swift Growing South". Tuskegee is known as "the Cradle of Black Aviation" in America and is home of the famous 99th Pursuit Squadron. Macon County has 614 square miles with a density of 43.7 persons per square mile. It ranks fifth (5th) in the number of square miles in the region and second (2nd) in total population. Macon County is rich in resources and services, and is home for the Greyhound Dog Track (Victoryland).



PIKE COUNTY is located in the southeastern part of the region. It consists of four municipalities – Troy, Brundidge, Banks and Goshen. Troy and Brundidge are both urban areas, but only Troy has a population in excess of 5,000 residents. Troy is home of the county seat and Troy State University. Troy State takes pride in its athletic programs where the “Trojans” consistently rank at the top of both state and national level competition. Pike County has 672 square miles with a density of 41.1 persons per square mile. It ranks third (3rd) in the number of square miles in the region and first (1st) in total population.

The region is 61.3% rural with the greater concentration of resources and services in Pike, Butler, and Macon Counties. Very limited resources and services are available in Lowndes County. Each county has at least one local newspaper, Illustration 4, state licensed airport, and rural water system.

Lowndes is the only county in the region with no county lake, and is considered the most agricultural. There are radio stations in Butler, Crenshaw, Macon and Pike Counties and local television stations located in Bullock, Macon and Pike Counties. Transmissions are received from stations in Montgomery County, which cover a fifty-mile radius of the region. Public hospitals are located in every county except Lowndes and Macon. At least one nursing home is located in each county.

Political Characteristics:

In the planning and service area, there are 6 counties and 26 municipalities with a total population of 113,961 persons. Constituents in the area are represented by key elected officials at the federal, state, and local levels of government.

ILLUSTRATION 4

Local Newspapers

| | | |
|------------------|--|---|
| BULLOCK COUNTY: | <i>Union Springs Herald</i> 104 East Conecuh Avenue P. O. Box 600 Union Springs, AL 36089 (334) 738-2360 FAX (334) 738-2342 Email: editor@unionspringsherald.com Published on Wednesday | |
| BUTLER COUNTY: | <i>The Greenville Advocate</i> 103 Hickory Street P. O. Box 507 Greenville, AL 36037 (334) 382-3111 FAX (334) 382-7104 Published on Wednesday and Saturday | <i>Tidbits of Greenville</i> 850 Fort Dale Road Greenville, AL 36037 (334) 383-0100 Email: tidbits@pipline.com Published Weekly Deadline – noon Friday |
| | <i>The Butler County News</i> c/o The Greenville Advocate 103 Hickory Street Greenville, AL 36037 (334) 382-3111 FAX 382-7104 Email: editor@greenvilleadvocate.com Published on Thursday | <i>The Butler Express</i> c/o The Greenville Advocate 103 Hickory Street Greenville, AL 36037 (334) 382-3111 FAX (334) 382-7104 Email: editor@greenvilleadvocate.com Published on Tuesday |
| CRENSHAW COUNTY: | <i>The Luverne Journal</i> 118 South Forest Avenue P. O. Box 152 Luverne, AL 36049 (334) 335-3541 FAX (334) 335-4299 Email: regina.grayson@luvernejournal.com Published on Wednesday | <i>The Bonus Express</i> c/o The Luverne Journal 118 South Forest Avenue P. O. Box 152 Luverne, AL 36049 (334) 335-3541 FAX (334) 335-4299 Email: regina.grayson@luvernejournal.com Published on Wednesday |
| LOWNDES COUNTY: | <i>The Lowndes Signal</i> c/o The Luverne Journal 118 South Forest Avenue P. O. Box 152 Luverne, AL 36049 (334) 335-3541 FAX (334) 335-4299 Email: regina.grayson@luvernejournal.com Published on Thursday | |
| MACON COUNTY: | <i>Tuskegee News</i> 103 South Main Street Tuskegee, AL 36083 (334) 727-3020 FAX (334) 727-7700 Email: tuskegeenews@bellsouth.net Published on Thursday | |
| PIKE COUNTY: | <i>The Messenger</i> 918 South Brundidge Street P. O. Box 727 Troy, AL 36081 (334) 566-4270 FAX (334) 566-4281 Email: www.troymessenger.com Published on Tuesday, Wednesday, Thursday, Friday & Sunday | |

Two U. S. Senators serve the entire State of Alabama and two U. S. Congressmen represent Alabama Districts 2 and 3 which comprise the South Central Alabama planning and service area. Three Alabama Senators and five Representatives serve the region.

Six county commissioners and 26 mayors comprise the local elected representation in the area. These officials work part or full-time within in their respective communities and serve four year terms. A good number of these local officials are members of the SCADC Board of Directors and also are contractors for aging services. Most local governments conduct monthly meetings with varying days and times of meetings. See Illustration 5 for more information regarding elected officials.

Population Characteristics:

According to 2000 census data the planning and service area has a total population of 113,961 persons representing 2.8% of the state's population. The population is 35.2% urban and 64.8% rural. Between 1990 and 2000 the total population grew from 111,750 to 113,961. The major increase occurred in Pike County which grew 7.3%. Lowndes and Bullock Counties experienced modest growth while Crenshaw experienced almost no growth.

Some 20,949 individuals or 18.4% of the region's total population is 60 years of age or older. Pike County is home for the largest number of older individuals followed respectively by Butler, Macon, Crenshaw, Lowndes and Bullock Counties. Approximately 43% of the population is male and 57% female. More than 73% of all seniors in the region live in rural communities.

Illustration 5

Illustration 5- 2

Illustration 5-3

Illustration 5-4

Minority persons represent 46% of the total senior population in the region and 77% of minority individuals are 65 years of age or older. The highest concentration of minority older persons 60+ live in Macon County followed by Pike, Lowndes, Butler, Bullock and Crenshaw Counties respectively.

There are 5,359 or 26% of persons 60 years and older living in poverty in the region. The county with the highest number of seniors in poverty is Butler, followed closely by Macon and Pike respectively. Some 3,927 or 24% of persons age 65+ live in poverty. Minority persons (2,596) comprise 66% of those individuals age 65+ living in poverty.

Recipients of Supplemental Security Income number 6,802 in the region with 1,957 recipients being age 65+. The greatest numbers of recipients 65+ reside in Pike, Butler, and Macon Counties.

Another significant age group impacting the AAA is individuals 55-64 years of age. This group comprises 10,445 persons in the planning and service area with 4,760 or 46% being minority individuals. Some 19% in this age group live below poverty with 72% of this group being minority persons. For further details regarding population demographics in the region refer to Tables 1 through 6 included in this document.

The Community's Needs

The AAA partnered with the Alabama Department of Senior Services to conduct a statewide needs assessment in the spring of 2005. The purpose of the survey was to determine which social and health services were most important to the public in the planning and service area. Survey questions addressed demographics of respondents,

Table 1

Table 2

Table 3

Population by Age, Rural, Minority Race

| <u>County</u> | <u>Age 55-59</u> | <u>Age 60-64</u> | <u>Age 65+</u> |
|---------------|------------------|------------------|----------------|
| Bullock | 529 | 448 | 1,543 |
| Butler | 1,101 | 944 | 3,506 |
| Crenshaw | 736 | 645 | 2,338 |
| Lowndes | 633 | 594 | 1,646 |
| Macon | 1,154 | 924 | 3,367 |
| Pike | 1,470 | 1,267 | 3,727 |
| Totals: | 5,623 | 4,822 | 16,127 |

| <u>County</u> | <u>Age 55-59 Minority</u> | <u>Age 60-64 Minority</u> | <u>Age 65+ Minority</u> |
|---------------|-------------------------------|-------------------------------|-----------------------------|
| Bullock | 354 | 276 | 953 |
| Butler | 332 | 303 | 1,010 |
| Crenshaw | 150 | 163 | 523 |
| Lowndes | 382 | 370 | 1,009 |
| Macon | 902 | 735 | 2,784 |
| Pike | 406 | 387 | 1,079 |
| Totals: | 2,526 | 2,234 | 7,358 |

| <u>County</u> | <u>Age 60+</u> | <u>Age 60+ Rural</u> | <u>Age 60+ Minority</u> |
|---------------|----------------|--------------------------|-----------------------------|
| Bullock | 1,991 | 1,464 | 1,229 |
| Butler | 4,450 | 3,185 | 1,313 |
| Crenshaw | 2,983 | 2,983 | 686 |
| Lowndes | 2,240 | 2,240 | 1,379 |
| Macon | 4,291 | 2,176 | 3,519 |
| Pike | 4,994 | 3,262 | 1,466 |
| Totals: | 20,949 | 15,310 | 9,592 |

Source: US Census of Population, 2000

Table 4
Population by Age and Poverty

| <u>County</u> | Total Number <u>60 and above</u> | Age Groupings | | <u>Seniors in Poverty</u> | |
|---------------|--|------------------------|------------------------|----------------------------|-------------------------------|
| | | <u>60-74 years</u> | <u>75 and over</u> | Per Cent <u>in 2000</u> | Estimated <u># Seniors</u> |
| Bullock | 1,991 | 1,138 | 853 | 29.10% | 579 |
| Butler | 4,450 | 2,704 | 1,746 | 28.60% | 1,273 |
| Crenshaw | 2,983 | 1,811 | 1,172 | 23.50% | 701 |
| Lowndes | 2,240 | 1,516 | 724 | 26.60% | 596 |
| Macon | 4,291 | 2,562 | 1,729 | 26.00% | 1,116 |
| Pike | 4,994 | 3,173 | 1,821 | 21.90% | 1,094 |
| Totals: | 20,949 | 12,904 | 8,045 | | 5,359 |

Source: Center for Business and Economic Research, University of Alabama, 2003

Table 5

Population by Age, Minority Race, Poverty, and Minority Poverty

| <u>County</u> | <u>Age 55-64</u> | <u>Age 65+</u> | <u>Age 55-64 Minority</u> | <u>Age 65+ Minority</u> |
|---------------|------------------|----------------|-------------------------------|-----------------------------|
| Bullock | 977 | 1,543 | 630 | 953 |
| Butler | 2,045 | 3,506 | 635 | 1,010 |
| Crenshaw | 1,381 | 2,338 | 313 | 523 |
| Lowndes | 1,227 | 1,646 | 752 | 1,009 |
| Macon | 2,078 | 3,367 | 1,637 | 2,784 |
| Pike | 2,737 | 3,727 | 793 | 1,079 |
| Totals: | 10,445 | 16,127 | 4,760 | 7,358 |

| <u>County</u> | <u>Age 55-64 Below Poverty</u> | <u>Age 65+ Below Poverty</u> | <u>Age 55-64 (Percent Below Poverty)</u> | <u>Age 65+ (Percent Below Poverty)</u> |
|---------------|------------------------------------|----------------------------------|--|--|
| Bullock | 233 | 406 | 23.85% | 26.31% |
| Butler | 340 | 947 | 16.63% | 27.01% |
| Crenshaw | 231 | 528 | 16.73% | 22.58% |
| Lowndes | 335 | 444 | 27.30% | 26.97% |
| Macon | 446 | 794 | 21.46% | 23.58% |
| Pike | 369 | 808 | 13.48% | 21.68% |
| Totals: | 1,954 | 3,927 | 18.71% | 24.35% |

| <u>County</u> | <u>Age 55-64 Minority Below Poverty</u> | <u>Age 65+ Minority Below Poverty</u> | <u>Age 55-64 Minority (Percent Below Poverty)</u> | <u>Age 65+ Minority (Percent Below Poverty)</u> |
|---------------|---|---|---|---|
| Bullock | 202 | 353 | 32.06% | 37.04% |
| Butler | 211 | 477 | 33.23% | 47.23% |
| Crenshaw | 91 | 213 | 29.07% | 40.73% |
| Lowndes | 283 | 348 | 37.63% | 34.49% |
| Macon | 393 | 735 | 24.01% | 26.40% |
| Pike | 218 | 470 | 27.49% | 43.56% |
| Totals: | 1,398 | 2,596 | 29.37% | 35.28% |

Source: US Census of Population, 2000

Table 6

SSI Recipients by County

| <u>County</u> | <u>Total SSI Recipients</u> | <u>SSI Recipients Age 65+</u> |
|---------------|---------------------------------|-----------------------------------|
| Bullock | 903 | 278 |
| Butler | 1,279 | 360 |
| Crenshaw | 743 | 284 |
| Lowndes | 924 | 255 |
| Macon | 1,271 | 331 |
| Pike | 1,682 | 449 |
| Totals: | 6,802 | 1,957 |

Source: Social Security Administration, Table 3, December 2004

use of existing services, service access, and home and community-based services. Both open-ended and closed-ended questions were contained in the survey.

Blank copies of the survey form were received from ADSS and distributed by AAA staff to center managers and walk-ins. A copy of the original survey form is included in Appendix B. The ADSS web site was available for convenient on-line completion of the survey.

The AAA gave instructions to all center managers and requested that they have 10 participants to complete a survey. In addition, within each county, we requested 5 homebound individuals to also complete the survey. Large brown envelopes were provided for center managers to return completed respondent surveys to the AAA office. These surveys were then hand delivered to ADSS for analysis. A total of 257 or 8.3% of the statewide sample responded to the survey from our region. See Chart 4 below for the number of respondents per county:

Chart 4

Number of Survey Respondents

| <u>Name of County</u> | <u>Number of Respondents</u> | <u>Percentage of Respondents</u> |
|-----------------------|------------------------------|----------------------------------|
| Bullock | 27 | 10.5% |
| Butler | 29 | 11.3% |
| Crenshaw | 58 | 22.6% |
| Lowndes | 25 | 9.7% |
| Macon | 75 | 29.2% |
| Pike | 43 | 16.7% |
| Total | 257 | 100.0% |

Some respondents did not answer every survey question therefore tables in this plan will identify the number of missing responses, if applicable. Through this survey

the analyst wanted to distinguish between those services the respondents considered “very important”, “somewhat important”, or “not very important.” In Table 4 respondents’ answers, sorted in descending order by “Very Important,” are presented regarding the reported importance of services throughout the region.

Table 7**Reported Importance of Services**

| Services/Needs | Percents | | |
|---|-----------------------|---------------------------|---------------------------|
| | Very Important | Somewhat Important | Not Very Important |
| Cost of medicine | 94.1 | 4.3 | 1.6 |
| Cost of food | 89.1 | 9.0 | 2.0 |
| Availability of hospital care | 88.0 | 10.8 | 1.2 |
| Maintaining a healthy diet | 87.6 | 10.4 | 2.0 |
| Preventing identity theft and other frauds | 87.5 | 9.7 | 2.8 |
| Cost of hospital care | 87.0 | 10.2 | 2.8 |
| Maintaining my personal independence | 84.7 | 13.3 | 2.0 |
| Availability of in-home care | 84.6 | 13.8 | 1.6 |
| Help with understanding benefits (like Medicare, Medicaid, Social Security) | 82.8 | 14.4 | 2.8 |
| Cost of nursing home care | 82.7 | 14.2 | 3.1 |
| Cost of in-home care | 82.7 | 13.8 | 3.5 |
| Availability of nursing home care | 81.5 | 16.1 | 2.4 |
| Legislative voice for seniors | 81.4 | 14.2 | 4.5 |
| Help with paying medical bills and/or medications | 81.2 | 13.3 | 5.5 |
| Information about what services are available | 81.0 | 18.1 | 0.8 |
| Variety of health care choices | 80.9 | 14.6 | 4.5 |
| Cost of transportation | 79.6 | 17.6 | 2.7 |
| Availability of adult day care services | 79.4 | 14.6 | 5.9 |
| Maintaining mental wellness | 79.2 | 18.4 | 2.4 |
| Health insurance information | 78.0 | 18.4 | 3.7 |
| Free legal assistance for seniors | 77.6 | 17.6 | 4.7 |
| Availability of transportation | 77.6 | 16.1 | 6.3 |
| Availability of mental health care | 77.4 | 17.5 | 5.2 |
| Community activities for seniors | 75.9 | 21.3 | 2.8 |
| Availability of physical therapy at home | 74.8 | 20.9 | 4.3 |
| Disease prevention information | 72.8 | 19.2 | 8.0 |
| Help with filling out medical paperwork | 70.0 | 23.7 | 6.3 |
| Help with housework/cleaning | 67.1 | 25.6 | 7.3 |
| Help with paying bills and/or managing household finances | 66.4 | 25.0 | 8.6 |
| Help with taking care of older relatives or friends | 65.8 | 25.4 | 8.8 |
| Help with house/yard work | 63.9 | 28.7 | 7.4 |
| Help with financial planning | 54.1 | 33.6 | 12.3 |
| Help with completing tax forms | 52.5 | 30.2 | 17.3 |
| Help with retirement planning | 52.0 | 26.0 | 22.0 |
| Part-time work for seniors | 50.8 | 32.0 | 17.2 |
| Full-time employment for seniors | 33.6 | 36.4 | 30.0 |

The respondents' top 5 "very important" services and top 5 "not very important" service issues are presented below:

| <u>Service area Important "Top 5"</u> | <u>Rated as "Very Important"</u> |
|--|--------------------------------------|
| Cost of medicine | 94.1% |
| Cost of food | 89.1% |
| Availability of hospital care | 88.0% |
| Maintaining a healthy diet | 87.6% |
| Preventing identity theft and other frauds | 87.5% |

| <u>Service area Not Important "Top 5"</u> | <u>Rated as "Not Very important"</u> |
|--|--|
| Full-time employment for seniors | 30.0% |
| Help with retirement planning | 22.0% |
| Help with completing tax forms | 17.3% |
| Part-time work for seniors | 17.2% |
| Help with financial planning | 12.3% |

When respondents were asked how people learn about programs for older adults in the planning and service area, they answered:

| | |
|------------------|-------|
| ask a friend | 67.9% |
| ask a relative | 46.6% |
| visit a church | 45.3% |
| watch television | 42.3% |
| read a newspaper | 35.5% |

From this we can see that respondents use multiple resources to look for services for themselves and their families. Other resources identified for program and service information are given below.

Other Resources for Programs and Services

| Other Program Resources | Frequency | Percent |
|---|------------------|----------------|
| No response | 204 | 79.4 |
| Senior center | 41 | 16.0 |
| Word of mouth | 4 | 1.6 |
| Community organizations | 3 | 1.2 |
| Internet, hardcopy materials | 2 | 0.8 |
| Health care/social workers, home visits | 1 | 0.4 |
| Area Agency on Aging, senior center | 1 | 0.4 |
| Lawyers | 1 | 0.4 |
| Total: | 257 | 100.0 |

Items that were delayed or done without according to respondents included:

| Items Delayed/Done Without | Frequency | Percent |
|-----------------------------------|------------------|----------------|
| Prescription medications | 52 | 21.8 |
| Hearing aid | 21 | 10.0 |
| Dental care | 58 | 25.7 |
| New eyeglasses or eye care | 57 | 24.9 |

We believe it is significant to report that 65% of the respondents need help with major home repairs. A summary of these problems is as follows:

Problems with Respondents' Homes

| Problem with Home | Frequency | Percent |
|--|------------------|----------------|
| Major repairs are needed | 71 | 65.1 |
| It is no longer affordable (utilities, upkeep, rent too expensive, etc.) | 24 | 22.0 |
| Pests (roaches, rats, etc.) | 23 | 21.1 |
| My house is too large for my needs | 23 | 21.1 |
| Flooding or other similar environmental problems | 13 | 11.9 |
| My house has stairs that are difficult for me to use | 10 | 9.2 |
| Landlord does not respond to my needs | 10 | 9.2 |

Other problems with respondents' homes are noted below:

Other Problems with Respondents' Homes

| Other Problem with Home | Frequency |
|-----------------------------------|------------------|
| Plumbing needs repair/replacement | 2 |
| Minor repairs/modifications | 1 |
| Yard work, outside maintenance | 1 |
| General maintenance, painting | 1 |

Additional issues identified by respondents for consideration are:

Other Issues to Consider

| Issue to Consider | Frequency |
|--|------------------|
| More senior exercise programs | 9 |
| High costs (medical, food, prescriptions, rent, utilities) | 3 |
| More senior center activities | 1 |
| More information about ADSS and AAAs | 1 |
| Financial/legal assistance | 1 |
| Part- or full-time senior employment options | 1 |
| More caregiver services | 1 |
| More home care options, less visitors | 1 |

Demographic details about respondents who participated in this survey can be reviewed in Appendix C.

Summary and Conclusions

The summary from the ADSS survey analyst indicates that the vast majority of SCADC's respondents was female, ages 70-79, and white. Few surveys were completed by persons under age 60; nevertheless, we were very pleased with the total number of surveys sent to us. For the most part, the respondents answered most of the survey questions. Their replies gave us a better understanding of the social and health services needs of seniors in the region.

We will continue to support ADSS in analyzing the results of the 2005 Needs Assessment and incorporate in our planning efforts. We will also work with our state office in conducting more frequent needs assessments that focus on specific topics.

In conclusion the ADSS analyst believes that by compiling up-to-date

demographic information and conducting more focused research, ADSS will continue to better understand the needs of older Alabamians. As a result, they will more effectively develop programs and services to meet these needs. We join them in this commitment to better address the needs and concerns of seniors and their families. A detailed description of needs and priorities of older individuals in each county is given in Appendix D. The top 5 important services and the top 5 not very important services are shown in illustrations 6 and 7.

The AAA serves as an advocate for all the 20,949 older persons residing in our planning and service area. Information is provided by service providers in the region, ADSS and the AAA to older persons and their families as they search for programs to meet their needs.

It is important to note that of all the persons 60+ residing in the region approximately 18% are low-income minority individuals and 73% live in rural communities. The Older Americans Act requires the AAA to target efforts to satisfy the service needs of these subgroups. We have complied with this requirement by employing several methods.

Through ElderConnect Alabama, the statewide information and referral system, and the pro-active outreach efforts of dedicated professionals, the general public is becoming better informed about programs and services available to seniors and family caregivers across the region.

Senior centers are located in communities accessible to older persons in both rural and urban communities. These centers offer an array of nutrition and supportive services and are opened four to six hours per day five days weekly.

Access to services is made available in rural and minority communities through mini vans and buses owned by service contractors. Clients are transported to senior centers, grocery stores, drug stores, doctors' offices and other places of need.

Drivers deliver more than 450 hot meals daily to home bound individuals in rural and minority communities.

Public Education programs and training opportunities are conducted throughout the year regarding nutrition education, medication management, elder abuse, caregiver roles and supports, legal issues, Medicaid, Medicare, AAA services, DETA, health care and resident safety, elder rights, and Medicare Part D benefits. Particular attention is given to working with faith-based organizations in rural communities to increase awareness about services and benefits available to older persons. More specifically, consideration is demonstrated in working with minority ministers and their congregations to identify and inform older minority persons and their families of available services.

2005 Needs Assessment Results by County**1. Importance of Services**

| County of Residence | “Top 5” Important Services | |
|----------------------------|---|----------|
| Bullock | Cost of medicine | (96.3%) |
| | Availability of in-home care | (88.9%) |
| | Cost of food | (88.9%) |
| | Cost of hospital care | (88.9%) |
| | Help with paying medical bills and/or medications | (88.9%) |
| Butler | Maintaining my personal independence | (96.6%) |
| | Cost of food | (93.1%) |
| | Preventing identity theft and other frauds | (93.1%) |
| | Availability of hospital care | (93.1%) |
| | Cost of nursing home care | (93.1%) |
| Crenshaw | Cost of food | (98.2%) |
| | Cost of medicine | (96.6%) |
| | Cost of hospital care | (93.1%) |
| | Availability of hospital care | (93.0%) |
| | Cost of nursing home care | (91.4%) |
| Lowndes | Cost of medicine | (88.0%) |
| | Maintaining my personal independence | (78.3%) |
| | Cost of food | (76.0%) |
| | Cost of hospital care | (76.0%) |
| | Availability of in-home care | (76.0%) |
| Macon | Cost of medicine | (94.5%) |
| | Preventing identity theft and other frauds | (91.8%) |
| | Maintaining a healthy diet | (90.7%) |
| | Legislative voice for seniors | (88.9%) |
| | Cost of food | (88.0%) |
| Pike | Community activities for seniors | (100.0%) |
| | Cost of medicine | (95.3%) |
| | Availability of hospital care | (95.3%) |
| | Maintaining a healthy diet | (95.0%) |
| | Information about what services are available | (92.1%) |

2005 Needs Assessment Results by County

| County of Residence | “Top 5” Not Very Important Services | |
|----------------------------|---|---------|
| Bullock | Full-time employment for seniors | (29.6%) |
| | Help with retirement planning | (24.0%) |
| | Help with completing tax forms | (18.5%) |
| | Help with financial planning | (16.0%) |
| | Disease prevention information | (7.7%) |
| Butler | Full-time employment for seniors | (41.4%) |
| | Help with retirement planning | (41.4%) |
| | Part-time work for seniors | (28.6%) |
| | Help with completing tax forms | (17.2%) |
| | Help with financial planning | (17.2%) |
| Crenshaw | Full-time employment for seniors | (30.9%) |
| | Help with retirement planning | (19.3%) |
| | Part-time work for seniors | (17.2%) |
| | Help with completing tax forms | (15.5%) |
| | Help with financial planning | (10.5%) |
| Lowndes | Full-time employment for seniors | (56.0%) |
| | Help with retirement planning | (44.0%) |
| | Part-time work for seniors | (44.0%) |
| | Help with completing tax forms | (40.0%) |
| | Help with financial planning | (26.1%) |
| Macon | Full-time employment for seniors | (22.5%) |
| | Help with completing tax forms | (13.5%) |
| | Part-time work for seniors | (11.6%) |
| | Help with retirement planning | (11.0%) |
| | Help with paying bills and/or managing household finances | (10.8%) |
| Pike | Full-time employment for seniors | (17.5%) |
| | Help with retirement planning | (17.1%) |
| | Help with paying bills and/or managing household finances | (14.0%) |
| | Help with financial planning | (13.2%) |
| | Help with taking care of older relatives or friends | (12.8%) |

Outreach services are provided by trained contractors' staff and AAA staff. In-home assessments are made to determine needs and assistance is given in arranging for services.

Health Fairs and Medicare Van Tours are held in rural communities and are accessible to low-income minority older persons. These opportunities offer health screenings and health information beneficial to older individuals and their caregivers.

The extent to which we have been successful in meeting the needs of low-income minority and rural individuals within the planning and service area is demonstrated in Title III AIMS data for the most recent year concluded and is located in Illustrations 8 and 9. The demographic data shows that we served 566 persons in rural communities, 1,811 person in urban areas and 101 persons in unknown areas for FY 2005. This suggests that about 23% of the clients served live in rural communities. We would venture to say that the number is somewhat higher. The difference we believe may have something to do with the software, the failure of contractors' staff to fully complete in-take forms, and the posting of data at the AAA. We recognize that adjustments in service reporting are needed. With further training and support from the Alabama Department of Senior Services these changes will be made.

Further review of this report reveals that we served 1,154 impoverished minority individuals. That number represents 47% of the total clients served and indicates that we were successful in reaching low-income minority individuals. Current methods used

Illustration 8

Illustration 9

Illustration 9 -2

to satisfy needs of low-income minority and rural individuals will be continued and adjustment made where necessary.

Services and Programs

The AAA administers all programs, services, and grants under the direction and leadership of the Alabama Department of Senior Services. We are responsible for managing programs in our planning and service area through the Administration on Aging under Title III, Title V and Title VII of the Older Americans Act of 1965, as amended and Title XVIII and Title XIX entrusted to the Centers for Medicare and Medicaid within the Department of Health and Human Services.

In addition, we have responsibility for four state grants and one federal pilot project grant in our planning and service area. The majority of programs and services are available in all six counties. Priority in service delivery is given to older individuals in the greatest economic and social need, older minorities with low incomes, older individuals who live in rural areas and older individuals who are Native Americans. Volunteer contributions for services received are encouraged, but non-coercive and no one is denied service for failure to pay. A sliding fee scale is used in soliciting contributions through the Alabama Cares Program. All contributions are used to expand the service for which the contribution is given.

OLDER AMERICANS ACT OF 1965, AS AMENDED

- 1. Title III Programs:** Information and Assistance, Outreach, Transportation, Homemaker, Chore, Senior Centers, Congregate Nutrition Services, Home-Delivered Nutrition Services, Nutrition Education, Recreation, Legal Assistance, Telephone Reassurance, Ombudsman, Family Caregiver Support (Alabama Cares), Disease Prevention and Health Promotion, and Senior Medicare Patrol Project.

Service Descriptions: Individuals, caregivers, families, and Medicare beneficiaries are provided:

- access to information about available opportunities and services for seniors;
- potential client identification that encourages their use of existing services and benefits;
- provisions for getting from one place to another;
- nutritious meals in home and community-based settings,
- opportunities for better health through nutrition, physical fitness, and health information;
- legal advice and counseling, legal representation, legal research, preparation of legal documents, negotiation, legal education and community outreach by an attorney or other person acting under the supervision of an attorney;
- assistance to older persons having difficulty with heavy housework, mowing the lawn, yard work;
- telephone calls to provide comfort or help;
- third-party advocacy to assist residents of long-term health care facilities and their families;
- support to family caregivers to help them care for their aging loved ones and themselves; and
- opportunities to become more educated about their health care expenditures under Medicare and Medicaid. In addition, it helps them to better monitor what is paid on their behalf and what to do about discrepancies.

Eligibility Criteria: Individuals must be 60 years of age or older for all programs, however there are additional criteria applied to certain programs. For Congregate Nutrition Services, in addition to age, spouses of eligible clients, handicapped or disabled individuals under age 60 who reside in housing facilities where older individuals live and where congregate nutrition services are provided, disabled persons under 60 living with older persons and accompanying them to nutrition centers, and volunteers who work during the meal time or assist an older person to eat at a center may participate in the program. Regarding Home-Delivered Nutrition Service, in addition to age, preference is given to disabled individuals (physical and cognitive), persons who live alone, isolated individuals, persons recuperating from an illness, individuals 85+ and disabled individuals under 60 who live with an older person 60+ who receives a meal. Ombudsman Services are provided to residents of long-term care facilities regardless of age. Alabama Cares Services are available to caregivers of any age who provide care for adults 60+, senior caregivers 60+ of children ages 18 and younger with mental retardation and related developmental disabilities.

2. **Title IV**
Program: Aging and Disability Resource Center—**Federal Grant (Pilot Project)**
Under joint management of the Administration on Aging and the Centers for Medicare and Medicaid

Service Descriptions: This is a three-year grant pilot program designed to offer consumers choices to long-term support services through a one stop single point of entry. These centers are visible community-based places for information on long-term care options to help seniors and people with disabilities get long-term care where they want it.

Eligibility Criteria: Services are targeted to seniors and 60+ individuals with disabilities.

3. Title V Program: Community Service Employment for Older Americans
Appendix E

Service Descriptions: Provides and promotes useful part-time opportunities in community service activities for unemployed low-income persons fifty-five years of age and older and who have poor employment prospects.

Eligibility Criteria: Persons 55+ with income at 125% of federal poverty level and residents of Bullock, Butler, Crenshaw and Lowndes Counties, Alabama.

4. Title VII Programs: Ombudsman and Elder Abuse Programs

Service Descriptions: The Ombudsman Program provides third-party representation through the local Community Ombudsman who speaks on behalf of vulnerable residents of nursing homes and assisted living facilities.

Elder Abuse Program activities are designed to educate individuals and strengthen programs for the prevention and treatment of elder abuse, neglect and exploitation.

Eligibility Criteria: Ombudsman Program – Facility residents and families
Elder Abuse Program – Individuals 60+, families, and caregivers.

SOCIAL SECURITY ACT OF 1965

1. Title XVIII Program: State Health Insurance Program (SHIP)

Service Descriptions: This program is designed to provide free health insurance information, counseling and assistance to Medicare eligible individuals. Answers about Medicare, Medigap, Medicare+ Choice options, long-term care insurance, and other health insurance concerns are provided.

Eligibility Criteria: Individuals 60+ and individuals eligible for Medicare benefits regardless of age

2. Title XIX Program: The Elderly and Disabled Medicaid Waiver Program

Service Descriptions: This program is designed to serve Medicaid eligible individuals who require nursing care and are at risk of nursing home placement. Services are community-based and offer clients freedom of choice in choosing the operating agency of services as well as the direct service provider.

Eligibility Criteria: Individuals of any age who meet both the financial and the medical criteria. Financially, current recipients of Supplemental Security Income (SSI) or State Supplementation are eligible for services. Medically, a client must exhibit the same disabilities and frailty necessary for admission into a nursing home in Alabama.

Alabama Department of Senior Services – State Grants

1. Alzheimer’s Disease Intervention Program

Service Descriptions: Services through the Alzheimer’s Disease Intervention Program give support to individuals and families struggling with Alzheimer’s disease. Education, training, information and support are available under the Alzheimer’s program.

Eligibility Criteria: Individuals and families struggling with Alzheimer’s disease are eligible for this program.

2. Senior Medicare Patrol Program

Service Descriptions: This program is designed to train retired professionals to serve in their communities as volunteer expert resources and educators in combating health care error, fraud, and abuse. This program helps Medicare beneficiaries to become more educated about their health care expenditures under Medicare and Medicaid. In addition, it helps them to better monitor what is paid on their behalf and what to do about discrepancies.

Eligibility Criteria: Individuals who are Medicare beneficiaries and Medicaid recipients are eligible to participate in this program.

3. SenioRx: Partnership for Medication Access

Service Descriptions: This is an assistance program designed to provide help to eligible persons applying for free and low-cost medications made available through pharmaceutical company programs.

Eligibility Criteria: Alabama resident who is 55-64 years of age with no prescription drug coverage, who is not receiving Medicare benefits, but experiencing a chronic medical condition and who has a monthly household income less than \$1,667/ 1 person or \$2,167/ 2 persons.

4. Senior Farmers Market Nutrition Program (SFMNP)

Service Descriptions: This program is designed to provide fresh, nutritious, unprepared, locally grown fruits, vegetables and herbs from farmers markets, roadside stands, and community supported agriculture programs to low-income seniors. In addition, this program is to increase domestic consumption of agricultural commodities and to develop or aid in the development of new and additional farmers markets, roadside stands and community supported agriculture programs.

Eligibility Criteria: Individuals 60+ with low incomes

AIMS Client/Unit Analysis and AIMS Demographics data for clients who received services during FY 2005 are presented in Illustrations 6 and 7. A copy of our current Emergency/Disaster Plan is included in Appendix F to demonstrate our efforts to continue needed services for individuals in community setting during and after emergency and disaster situations.

PART II:

Goals and Objectives for 2007-2010

In this section we have listed the goals and objectives that the Area Agency on Aging would like to see accomplished during the time covered under this plan. The reasons for selecting these goals and objectives are:

1. they reflect the identified needs and priorities of persons in our planning and service area;
2. they assure compliance with Older Americans Act requirements;
3. they place the Area Agency on Aging in a leadership position regarding all aging issues in the planning and service area; and
4. they demonstrate efforts of the Area Agency on Aging to develop or enhance comprehensive and coordinated community based systems designed to assist older persons in "leading independent, meaningful and dignified lives in their own

homes and communities as long as possible.”

Service Category: **Supportive Services**

Services: Assisted Transportation, Information and Assistance, Outreach, Transportation, Legal Assistance, Public Education, Elder Abuse, Recreation, Caregiver Assistance, Caregiver Counseling, Caregiver Information, Caregiver Respite and Caregiver Supplemental

Goal 1: That every eligible older person and their families will have access to Information and Assistance regarding available services.

Objective1: The AAA will promote Information and Assistance services through (ElderConnect) in the planning and service area to provide 5,100 service units to older individuals and their families by 9/30/07.

Objective 2: The AAA will develop and operate an aging and disability resource center to serve as a one-stop entry point to long-term support services for 750 elderly and disabled individuals by 9/30/08.

Objective 3: The AAA will advertise the ADSS 1-800 telephone number and promote the SCADC website to provide information and respond to public inquiries through 9/30/10.

Objective 4: The AAA will require contractors to provide sufficient Outreach activities to assure maximum participation of 3,500 older individuals in aging activities by 9/30/08.

Objective 5: The AAA will require contractors to specify annually how they intend to satisfy the need of low-income minority individuals and older individuals residing in rural areas by 9/30/10.

Objective 6: The AAA will develop 3 interagency agreements annually to build on our efforts of expanding a comprehensive and coordinated service delivery system by 9/30/10.

Objective 7: The AAA will work with seven minority ministers and their congregations to identify and inform older minority persons and their families of available services by 9/30/10.

Objective 8: The AAA will develop partnerships with rural housing development organizations to assist twelve older individuals with housing and home improvements services by 9/30/10/.

Goal 2: That every eligible older person and their families will have caregiving services designed to meet their needs.

Objective 1: The AAA will contract for the provision of caregiving services to serve 250 older individuals by 9/30/10.

Objective 2: The AAA will provide Caregiver Information and Assistance to serve 2,000 older individuals by 9/30/08.

Goal 3: That every older person will have Legal Assistance in the planning and service area.

Objective 1: The AAA will contract for the provision of Legal Assistance and other counseling services to serve 450 eligible older individuals by 9/30/10.

Objective 2: The AAA under contract will present quarterly community education and Outreach activities to serve 1,200 older individuals and families by 9/30/08.

Service Category: **Nutrition Services**

Services: Congregate Meals, Home Delivered Meals, Nutrition Education, Outreach

Goal 1: That Nutrition Services are available to all eligible individuals in the planning and services area.

Objective 1: The AAA will enter into contracts for the provision of Nutrition Services to serve annually 1,500 eligible older individuals by 9/30/10.

Objective 2: The AAA will encourage arrangements with schools and other facilities to serve meals to 50 older individuals by 9/30/10.

Objective 3: The AAA will conduct a can food drive to provide nutritious meals to 100 eligible older individuals by 9/30/10.

Objective 4: The AAA will enter into annual grant agreements with the Alabama Farmers Market Authority to make available fresh fruits and vegetables to 4,360 older individuals by 9/30/10.

Goal 2: That Nutrition Education Programs will be available to older individuals and their families in the planning and service area.

Objective 1: The AAA will make available Nutrition Education information to 1,800 older individuals and their families in community and in-home settings by 9/30/10.

Objective 2: The AAA will promote 1 poster contests annually in the planning and service area to draw attention to the importance of good nutrition among older individuals by 9/30/10.

Service Category: **In-Home Services**

Services: Chore, Homemaker, Visiting, Telephone Reassurance, Caregiver Assistance, Caregiver Counseling, Caregiver Information, Caregiver Respite and Caregiver Supplemental

Goal 1: That adequate In-home Services will be available to assist older individuals to live independently in a home environment.

Objective 1: The AAA will contract for the provision of In-Home services to annually serve 500 older individuals and their families by 9/30/10.

Objective 2: The AAA will promote a campaign ("Help Seniors Stay at Home") to help 100 older individuals live independently in their home environment by 9/30/10.

Goal 2: That supportive activities to meet the special needs of caregivers are available throughout the planning and service area.

Objective 1: The AAA will conduct 2 caregiver workshops annually to assist families and caregivers in their caregiving roles by 9/30/10.

Objective 2: The AAA will provide limited supplemental services to 60 care recipients to compliment family caregiving responsibilities by 9/30/08.

Service Category: **Ombudsman Services**

Services: Ombudsman

Goal 1: That every person needing nursing home care will receive services

Objective 1: The AAA will present 3 seminars on the new law governing nursing home admission by 9/30/07.

Objective 2: The AAA will present 12 educational programs about cost, eligibility, availability and alternatives to nursing home care by 9/30/10.

Goal 2: That every nursing home resident will have access to Ombudsman Services

Objective 1: The AAA will recruit and train 10 volunteer Ombudsmen by 9/30/07.

Objective 2: The AAA will make quarterly visits to nursing homes to resolve 42 complaints by 9/30/2010.

Service Category: **Disease Preventive and Health Promotion Services**

Services: Health Promotion, Medication Management,

Goal 1: That older individuals will have available services designed to meet their health care needs

Objective 1: The AAA will promote health screening services available under Medicare to 2,000 older individuals by 9/30/10.

Objective 2: The AAA will sponsor/participate in 2 health fairs annually to offer screening and educational programs to 200 older individuals annually by 9/30/10.

Objective 3: The AAA will continue Nutrition Education Programs by professionals in senior centers to serve annually 1,300 older individuals and their families by 9/30/07.

Objective 4: The AAA will retain the PACE (People with Arthritis Can Exercise) Project to encourage individual and group exercises for 100 older persons by 9/30/08.

Objective 5: The AAA will continue partnerships with local organizations to sponsor annual Senior Olympic Games for participation of 350 older individuals by 9/30/07.

Objective 6: The AAA will provide Medication Management screening and education programs to 1,500 older individuals and their families to prevent incorrect medication and adverse drug reactions by 9/30/10.

Objective 7: The AAA will partner with health care providers to present oral hygiene programs to 500 older individuals by 9/30/10.

Objective 8: The AAA will arrange one training class annually in Adult CPR with automated external defibrillator and other emergency procedures for contractors' staff to assure preparedness in assisting older individuals during emergency situations by 9/30/10.

The Targeting Demographic Form located in the Annual Operating Element presents a statistical description of targeted groups in the planning and service area. The Older Americans Act and related rules and policies require the AAA to target services to older individuals who “have greatest economic need and greatest social need (with particular attention to low-income minority individuals and older individuals residing in rural areas), and the distribution of older individuals who are Indians.” Efforts of the AAA to deliver Title III services during FY 2005 to the targeted population are shown in Illustrations 6 and 7. The AAA will continue to extend benefits and services to the targeted population by employing such methods as:

- locating senior centers and community focal points in communities that are accessible to minority and rural older persons;
- targeting of resources to serve low-income minority persons and older individuals who live in rural communities;
- utilizing the local media that reach minority communities;
- working in and assisting minority faith-based communities;
- developing aging and disability resource centers to serve as one-stop entry points for long-term support options;
- conducting client satisfaction surveys;
- developing contracts and requiring service providers to describe how they intend to satisfy the need of low-income minority individuals and older individuals residing in rural areas;
- establishing interagency agreements that support comprehensive and coordinated service delivery systems;
- training staff and others in the aging network;
- presenting educational programs, seminars, and workshops; and
- working with resident and family councils.

To further extend benefits and services, the AAA plans to pursue funding through ADECA for the construction of senior centers in Crenshaw and Macon Counties. When and if funds are made available through Senator Shelby’s office for Transportation Services additional dollars needed to match federal funds will be requested from local providers.

The AAA will engage in efforts to secure additional state dollars to support services funded by the Alabama Department of Senior Services. A “Help

Seniors Stay at Home” campaign will be further developed in the planning and service area to promote independent living for older individuals in their home environment. A Can Food Drive will be implemented to provide nutritious meals for eligible older individuals and to expand Nutrition Services in the planning and service area.

The AAA will advance its efforts to develop an Aging and Disability Resource Center in the area. A plan to sustain this program after the three year pilot period will be considered by the AAA in conjunction with support from the local resource team and the Alabama Department of Senior Services.

The Fiscal Year 2006 Performance Objectives are presented on pages 55 through 62 to demonstrate the AAA projected service levels. In addition, the Provider Monitoring Form is given on pages 63 through 66 to show the projected monitoring date contracted services will be reviewed by the AAA.

Fiscal Year 2006 Performance Objectives Form

Service: ASSISTED TRANSPORTATION

| Quarter | First | Second | Third | Fourth |
|--|-------|--------|-------|--------|
| Estimated # of clients to be served | 71 | 65 | 67 | 75 |

Funding Source: Title III Part B

Service Contractor: See Service Contractors list in APPENDIX

Service: CAREGIVER ASSISTANCE

| Quarter | First | Second | Third | Fourth |
|--|-------|--------|-------|--------|
| Estimated # of clients to be served | 275 | 290 | 300 | 275 |

Funding Source: Title III Part E

Service: CAREGIVER COUNSELING

| Quarter | First | Second | Third | Fourth |
|--|-------|--------|-------|--------|
| Estimated # of clients to be served | 55 | 56 | 58 | 60 |

Funding Source: Title III Part E

Fiscal Year 2006 Performance Objectives Form

Service: CAREGIVER INFORMATION

| Quarter | First | Second | Third | Fourth |
|--|-------|--------|-------|--------|
| Estimated # of clients to be served | 286 | 290 | 325 | 325 |

Funding Source: Title III Part E

Service: CAREGIVER RESPITE

| Quarter | First | Second | Third | Fourth |
|--|-------|--------|-------|--------|
| Estimated # of clients to be served | 54 | 57 | 65 | 60 |

Funding Source: Title III Part E

Service: CAREGIVER SUPPLEMENTAL

| Quarter | First | Second | Third | Fourth |
|--|-------|--------|-------|--------|
| Estimated # of clients to be served | 13 | 15 | 16 | 18 |

Funding Source: Title III Part E

Fiscal Year 2006 Performance Objectives Form

Service: CHORE

| | | | | |
|--|-------|--------|-------|--------|
| Quarter | First | Second | Third | Fourth |
| Estimated # of clients to be served | 2 | 2 | 80 | 100 |

Funding Source: Part III Part B

Service: CONGREGATE MEALS

| Quarter | First | Second | Third | Fourth |
|--|-------|--------|-------|--------|
| Estimated # of clients to be served | 1,001 | 1,005 | 1,040 | 1,200 |

Funding Source: Part III Part C-1

Service: HOME DELIVERED MEALS

| Quarter | First | Second | Third | Fourth |
|--|-------|--------|-------|--------|
| Estimated # of clients to be served | 575 | 600 | 640 | 700 |

Funding Source: Title III Part C-2

Fiscal Year 2006 Performance Objectives Form

Service: HOMEMAKER

| Quarter | First | Second | Third | Fourth |
|--|-------|--------|-------|--------|
| Estimated # of clients to be served | 107 | 115 | 130 | 145 |

Funding Source: Title III Part B

Service: INFORMATION & ASSISTANCE

| Quarter | First | Second | Third | Fourth |
|--|-------|--------|-------|--------|
| Estimated # of clients to be served | 1,722 | 2,500 | 4,500 | 3,000 |

Funding Source: Title III Part B

Service: LEGAL ASSISTANCE

| Quarter | First | Second | Third | Fourth |
|--|-------|--------|-------|--------|
| Estimated # of clients to be served | 259 | 200 | 275 | 300 |

Funding Source: Title III Part B

Fiscal Year 2006 Performance Objectives Form

Service: OMBUDSMAN/COMPLAINT RESOLUTION

| Quarter | First | Second | Third | Fourth |
|--|-------|--------|-------|--------|
| Estimated # of clients to be served | 4 | 10 | 8 | 20 |

Funding Source: Title III Part B

Service: FRIENDLY VISITING

| Quarter | First | Second | Third | Fourth |
|--|-------|--------|-------|--------|
| Estimated # of clients to be served | 105 | 108 | 110 | 125 |

Funding Source: Title III Part C-1

Service: TELEPHONE REASSURANCE

| Quarter | First | Second | Third | Fourth |
|--|-------|--------|-------|--------|
| Estimated # of clients to be served | 110 | 250 | 450 | 300 |

Funding Source: Title III Part C-1

Fiscal Year 2006 Performance Objectives Form

Service: OUTREACH

| Quarter | First | Second | Third | Fourth |
|--|-------|--------|-------|--------|
| Estimated # of clients to be served | 158 | 200 | 250 | 50 |

Funding Source: Title III Part B & Part C-1

Service: TRANSPORTATION

| Quarter | First | Second | Third | Fourth |
|--|-------|--------|-------|--------|
| Estimated # of clients to be served | 628 | 610 | 650 | 650 |

Funding Source: Title III Part B & Part C-1

Service: NUTRITION EDUCATION

| Quarter | First | Second | Third | Fourth |
|--|-------|--------|-------|--------|
| Estimated # of clients to be served | 840 | 1,000 | 1,250 | 1,275 |

Funding Source: Title III Part C-1

Fiscal Year 2006 Performance Objectives Form

Service: HEALTH PROMOTION

| Quarter | First | Second | Third | Fourth |
|--|-------|--------|-------|--------|
| Estimated # of clients to be served | 1,595 | 1,200 | 1,400 | 1,700 |

Funding Source: Title III Part B & Part C-1

Service: MEDICATION MANAGEMENT

| Quarter | First | Second | Third | Fourth |
|--|-------|--------|-------|--------|
| Estimated # of clients to be served | 752 | 150 | 435 | 200 |

Funding Source: Title III Part D

Service: PUBLIC EDUCATION

| Quarter | First | Second | Third | Fourth |
|--|-------|--------|-------|--------|
| Estimated # of clients to be served | 2,105 | 725 | 1,000 | 800 |

Funding Source: Title III Part B & Part C-1

Fiscal Year 2006 Performance Objectives Form

Service: RECREATION

| Quarter | First | Second | Third | Fourth |
|--|-------|--------|-------|--------|
| Estimated # of clients to be served | 1,512 | 1,300 | 1,520 | 1,530 |

Funding Source: Title III Part C-1

Service: ELDER ABUSE

| Quarter | First | Second | Third | Fourth |
|--|-------|--------|-------|--------|
| Estimated # of clients to be served | 0 | 34 | 40 | 23 |

Funding Source: Title VII

Service: _____

| Quarter | First | Second | Third | Fourth |
|--|-------|--------|-------|--------|
| Estimated # of clients to be served | | | | |

Funding Source: _____

PROVIDER MONITORING FORM (FY 2007 – 2010)

| Contractor/Provider | Service Provided | Counties Served | Projected Monitoring Date | Notes |
|--|---------------------------------|------------------|---------------------------|--|
| 1. Bullock County Commission | Supportive Services | Bullock | 9/30/06 | Service contracts will show detail services for each provider. The AAA reviews all fiscal and programs reports on a monthly basis. Provider training is conducted individually and in group settings as needed. If providers fail to fulfill their responsibilities in a timely manner, the AAA may terminate the contract and have done so in the past. |
| 2. City of Brantley | Nutrition Services | Crenshaw | | |
| 3. Davis & Neal Attorneys at Law | Legal, SHIP, SMPP | All Six Counties | | |
| 4. City of Brundidge | Supportive & Nutrition Services | Pike | | |
| 5. City of Greenville | Supportive & Nutrition Services | Butler | | |
| 6. City of Tuskegee | Supportive & Nutrition Services | Macon | | |
| 7. Town of Fort Deposit | Supportive & Nutrition Services | Lowndes | | |
| 8. Macon/Russell Comm. Action Agency, Inc. | Supportive/Nutrition Services | Macon | | |
| 9. City of Troy | Supportive & Nutrition Services | Pike | | |
| 10. Town of Goshen | Nutrition Services | Pike | | |

| | | | | |
|-------------------------------------|--|---------------------------------|---------------------------|-------|
| 11. Lowndes County Commission | Supportive & Nutrition Services | Lowndes | | |
| Contractor/Provider | Service Provided | Counties Served | Projected Monitoring Date | Notes |
| 12. Town of Midway | Nutrition Services | Bullock | | |
| 13. Crenshaw County Commission | Supportive & Nutrition Services | Crenshaw | | |
| 14. Town of Dozier | Nutrition Services | Crenshaw | | |
| 15. City of Union Springs | Nutrition Services | Bullock | | |
| 16. City of Luverne | Nutrition Services | Crenshaw | | |
| 17. City of Georgiana | Supportive & Nutrition Services | Butler | | |
| 18. Advantage Care Services | Medicaid Waiver, Alabama Cares/ Alzheimer's Services | All Six Counties | | |
| 19. A New Beginning For You, Inc. | Medicaid Waiver, Alabama Cares/ Alzheimer's Services | Bullock, Butler Crenshaw & Pike | | |
| 20. Associates Home Health Services | Medicaid Waiver Services | Bullock & Macon | | |
| 21. Central Alabama | Medicaid Waiver, Alabama Cares/ | All Six | | |

| | | | | |
|---------------------------------------|--|---------------------------|---------------------------|-------|
| Nursing Service | Alzheimer's Services | Counties | | |
| 22. Crenshaw County Adult Day Health | Medicaid Waiver, Alabama Cares/ Alzheimer's Services | Crenshaw | | |
| 23. Gentiva Health Services | Medicaid Waiver, Alabama Cares/ Alzheimer's Services | All Six Counties | | |
| Contractor/Provider | Service Provided | Counties Served | Projected Monitoring Date | Notes |
| 24. Helping Hands Care Services | Medicaid Waiver, Alabama Cares/ Alzheimer's Services | Butler Macon & Lowndes | | |
| 25. In Home Care | Medicaid Waiver, Alabama Cares/ Alzheimer's Services | Bullock & Macon | | |
| 26. Junior Educators of Tomorrow | Medicaid Waiver, Alabama Cares/ Alzheimer's Services | Macon | | |
| 27. Key Health Services, Inc. | Medicaid Waiver, Alabama Cares/ Alzheimer's Services | Lowndes | | |
| 28. Lomax-Hannon Adult Day Healthcare | Medicaid Waiver, Alabama Cares/ Alzheimer's Services | Butler | | |
| 29. Macon-Russell CAA, Inc. | Medicaid Waiver, Alabama Cares/ Alzheimer's Services | Macon | | |
| 30. Oxford Health Care | Medicaid Waiver, Alabama Cares/ Alzheimer's Services | All Six Counties | | |
| 31. Respite Care Foundation | Medicaid Waiver, Alabama Cares/ Alzheimer's Services | All Six Counties | | |

| 32. Sellers Adult Center | Medicaid Waiver, Alabama Cares/ Alzheimer's Services | Lowndes | | |
|--|--|----------------------------------|---------------------------------|-------|
| 33. Tri-County Adult Day Healthcare | Medicaid Waiver, Alabama Cares/ Alzheimer's Services | Butler | | |
| 34. Troy Housing Services Corporation | Medicaid Waiver, Alabama Cares/ Alzheimer's Services | Pike | | |
| 35. Unity Baptist Adult Day Care | Medicaid Waiver Services | Lowndes | | |
| Contractor/Provider | Service Provided | Counties Served | Projected Monitoring Date | Notes |
| 36. Alabama Department of Public Health | (see contracts) | All Six Counties | | |
| 37. Best Choice Medical | Caregiver supplemental Service (Supplies) | Bullock, Macon & Pike | | |
| 38. CDS Sales, Inc. | Caregiver supplemental Service (Supplies) | All Six Counties | | |
| 39. Hometown Medical Equipment | Caregiver Supplemental Service (Supplies) | Butler & Crenshaw | | |
| 40. H & G Small Engine Repair | Alabama Cares Services (Chore and Home Modification) | Lowndes | | |
| 41. McLendon Medical Supply | Caregiver Supplemental Services (Supplies) | Butler, Crenshaw & Lowndes | | |

| | | | | |
|--|--|-----------------------|--|--|
| 42. Medical Place | Caregiver Supplemental Services | All Six Counties | | |
| 43. Monday's Helpful Lawn Service, LLC | Alabama Cares Services (Chore & Home Modification) | Bullock, Macon & Pike | | |
| 44. Professional Medical Fulfillment, Inc. | Caregiver Supplemental Services (Supplies) | All Six Counties | | |
| 45. Southern Express Medical Supply | Caregiver Supplemental Services (Supplies) | Butler | | |

Goals and Objectives for 2007-2010 (AOA)

The AAA intends to help the Administration on Aging in accomplishing its goals of quality service provision and assistance to our nation's elderly by addressing the identified objectives below in the following manner:

Objective 1: Increasing the number of older people who have access to an integrated array of health and social supports

Response: The AAA will continue efforts to further develop a comprehensive and coordinated service delivery system; develop interagency agreements; seek supplemental funding and other resources to maintain and expand services; offer volunteer opportunities for leadership development and program support; provide counseling, training and educational opportunities; offer diversity, flexibility, and choice in services and providers; designate additional community focal points; promote OAA programs and other benefits to older persons and their families; continue our website and enhance our ElderConnect system.

Objective 2: Increasing the number of people who stay active and healthy

Response: The AAA will provide nutrition education events, conduct health fairs, promote screening services available through Medicare, encourage regular exercise and use of exercise equipment in senior centers, provide medication management, and offer volunteer and paid opportunities for interested older individuals.

Objective 3: Increasing the number of families who are supported in their efforts to care for their loved ones at home and in the community

Response: The AAA will conduct caregiver workshops, promote the benefits of support groups, work with faith-based organizations, provide public education sessions, make available information at health fairs and other outreach activities, provide assistance and counseling, develop interagency agreements, and seek referrals from health care providers.

Objective 4: Increasing the number of older people who benefit from programs that protect their rights and prevent elder abuse, neglect and exploitation

Response: The AAA will conduct staff in-service training opportunities in community and institutional settings, conduct public education workshops, promote the Elder Justice Act, work with the Alabama Attorney General's office and AAA Legal Assistance provider to protect the rights of older persons and prevent elder abuse, neglect and exploitation.

Objective 5: Helping elderly individuals of the state avail themselves of the benefits available under the Medicare Modernization Act

Response: The AAA will participate in Medicare Van Tours, conduct staff and other training opportunities, conduct outreach events, deliver public education presentations, recruit additional volunteers, provide counseling and assistance, and publicize more aggressively our service provider toll-free telephone number.

Objective 6: Competition in the provision of services

Response: The AAA will provide training and technical assistance to potentially new service contractors. We will contract with qualified/licensed/certified providers with proven records in quality service provision. Where available, clients will be given freedom of choice in services and providers.

Objective 7: Developing information management centers

Response: The AAA will continue its participation in ElderConnect Alabama to help older persons and their caregivers find services and providers in the region and state. Through ElderConnect individuals will be able to make informed choices about available services to best meet their needs. We will continue to maintain our database listing business/organizations that provide aging or long-term care services and meet other necessary standards.

Objective 8: Developing a program that allows for a single access point for elderly citizens

Response: The AAA will participate as a pilot site in a three year Aging and Disability Resource Center Grant Program. We will work with the Alabama Department of Senior Services to meet its goals as stated in its cooperative agreement between ADSS and CMS/AOA. We will develop a resource center program to provide information and assistance for both public and private-pay individuals. Stakeholders, local agencies, providers and other partners will be involved in the planning, implementation and evaluation of the program. We will serve individuals 60+ and

individuals with disabilities. Through the enhanced ElderConnect database, a single access point will be established thus streamlining eligibility, providing individual choice and encouraging informed decision making. By the end of the grant period this program will provide a single, coordinated system of information and access for persons seeking long-term care support.

PART III:

AAA Budget (including units of service) for FY 2007-2010 is given on pages 71 and 72 of this document. The four year budget on page 71 demonstrates the impact of level funding on service levels. Additional funding at 3.5% for Congregate and Home Delivered meals during the plan period is shown on page 72.

Expenditures for Title III-B Priority Services for FY 2006 are given on page 73.

PART IV:

Plan Summary

The Older Americans Act of 1965, as amended, is the single, national legislation designed exclusively to address aging issues in the U.S. Federal funds from the Administration on Aging are granted to the Alabama Department of Senior Services for community planning and social services in the field of aging. ADSS grants federal and state funds based on state formula to thirteen Area Agencies on Aging statewide. The South Central Alabama Development Commission is one of the thirteen recipients of these funds.

Grant funds to our AAA must be used to plan, develop, coordinate and arrange for services in Bullock, Butler, Crenshaw, Lowndes, Macon and Pike Counties. A condition for AAA approval by ADSS and for use of grant funds require SCADC to prepare and develop a four-year Area Plan on Aging (2007-2010) with annual adjustments as may be necessary. Our area plan is written in compliance with Older Americans Act requirements and instructions and guidelines established by the Alabama Department of Senior Services. In addition, our area plan is based on needs identified in our 2005 Needs Assessment. The top five “very important” issues revealed by survey respondents were:

| | |
|--|-------|
| Cost of medicine | 94.1% |
| Cost of food | 89.1% |
| Availability of hospital care | 88.0% |
| Maintaining a healthy diet | 87.6% |
| Preventing identity theft and other frauds | 87.5% |

The AAA top three goals to address these and other needs during 2007 – 2010 are:

- Goal 1:** That all eligible older persons and their families will have access to Information and Assistance regarding available services.
- Goal 2:** That Nutrition Services are available to all eligible individuals in the planning and service area.
- Goal 3:** That older individuals will have available services designed to meet their health care needs.

Our federal and state budget award is expected to be approximately \$1,097,832 annually. The costs of meals are expected to increase 3.5% annually over the four year planning period. We will need an additional \$63,814 during the same period just to maintain our current level of Congregate and Home Delivered Meals. If sufficient funding is not available with annual adjustments for inflation, the AAA will have to cut 22,244 Congregate and Home Delivered Meals, close and consolidate senior centers, streamline personnel, and reduce the frequency and availability of services. With sufficient funding for meals and other services we will continue existing services and consider expanding services where needed.

Supplemental Documentation

Supplemental Documentation regarding the following areas is provided in the appendixes.

Assurances

AAA Advisory Council Members, By-laws and Meeting Schedule

Area Plan Public Hearing Minutes

Grievance Procedure for Older Individuals who are Dissatisfied with or Denied Title Services

Listing of Long-term Care Facilities

Listing of Senior Centers, Meal Drop-off Points, and Community Focal Points